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The now, next fall & never of fashion

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WINNIPEG metro
Thursday, March 15, 2012
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Health care as usual at HSC during construction

Open for business. The entrance to the Health Sciences Centre's adult emergency department has moved during work

SHANE GIBSON
shane.gibson@metronews.ca

Officials from the Health Sciences Centre want everyone to know the adult emergency department on William Avenue will remain open during construction, despite what the front doors may look like over the next couple years.

"We're making some changes to the front end of our emergency department largely to the waiting area and some of the treatment areas closer to the front," explained HSC COO Adam Topp Wednesday. "We really want to get the message out to the public that our emergency department, although it is under construction, is fully functional and is still open."

A new temporary entrance to the adult emergency ward at 700 William Ave. has been built out of plywood so patients can access the department while work goes on, and the metered parking out in front has been removed for patient drop-off during the construction.

"We're doing it to meet volume demands," explained Topp of the construction. "The department was built for 40,000 patients and we're treating almost 60,000 now, so we needed to make it bigger."

The construction is expected to go on over the next year-and-a-half to two-years, and the temporary entrance and drop-off area will remain in affect during the entirety of the project.

Health Sciences Centre COO Adam Topp stands next to the new temporary entrance to the hospital's adult emergency ward on William Avenue. SHANE GIBSON/METRO

Firefighters look to fill their boots

You'll find them camping out on the roof during their fundraiser in support of Muscular Dystrophy PAGE 6

Go App Go!

Everything you ever wanted to know about the Winnipeg Jets is now in the palm of your hands PAGE 4

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Three men arrested in early-morning violence

Unrelated? A gunfire incident and high-speed crash are being treated as separate for now, Winnipeg police say.

SHANE GIBSON
shane.gibson@metronews.ca

Three men have been arrested after a shotgun was fired in the Weston area and a car was involved in a high-speed crash just a few kilometres away in the West End early Wednesday morning, but police aren't connecting the two incidents just yet.

"We are looking at the possibility (that) the two incidents are in any way connected," said WPS spokesperson Const. Natalie Aitken.

"The investigation is developing and there is cooperation with police at this point."

Police were called to the area of Notre Dame Avenue and Bannatyne Avenue West shortly after 3 a.m. following reports a shotgun had been discharged in the street.

"I was awoken to three gun shots followed by a fourth one later," said 22-year-old student Jane Frost, who lives directly across from where spent shotgun shells could still be seen around 9:30 a.m.

"Following the first three shots I heard (a male voice yell) 'I don't know what to do', which was followed by the fourth shot which was further away.

"My roommate said she feels she heard a car peel away."

Police used AIR1, the K9 unit, and uniformed members to locate an adult male near the intersection of Notre Dame Avenue and St. James Street, and a second male was located soon after within the 1700 block of St. James Street.

No injuries were reported in the incident and police have not located the weapon used.

While police were investigating the first incident around 4:45 a.m., officers noticed a car travelling eastbound on Notre Dame Avenue near Erin Street at a high rate of speed, and alerted other units.

A short time later police came across the speeding vehicle, a 1994 Audi, just after it had lost control and crashed through a fence, coming to a stop in the parking lot of the KFC at the corner of Notre Dame and Sherbrook Street.

"There was a male that was seen running from that area, and that male was subsequently located by officers and a K9 unit in the parking lot," said Aitken.

He said that the vehicle had not been reported stolen and police haven't confirmed whether more people were in the car.

"That's something we're working on right now."

The male in custody was not injured and Aitken said police had not been pursuing the vehicle when it crashed.

Officers pick up shell casings at the corner of Notre Dame Avenne and Bannatyne Avenue West. SHANE GIBSON/METRO

The car ended up in a KFC parking lot. SHANE GIBSON/METRO

Wanted. Suspects sought in two separate robberies

Police are looking for five suspects after responding to two separate commercial robberies within five hours on Tuesday night and Wednesday morning.

On Tuesday around 8:50 p.m. officers responded to a retail store within the 1700 block of Portage Avenue after a man and a woman stole approximately $500 worth of merchandise from the business. The pair had gathered the merchandise and was at the register when the male produced a knife and the pair fled the store.

The first suspect is described as an aboriginal male around 30 years of age, 6'0" tall with a large build and long, straight black hair. The second suspect is described as an aboriginal female about 20 years of age; standing 5'8" tall with a medium build and shoulder-length dark hair.

Police were called to a second commercial robbery at a restaurant near Wilton Street and Grant Avenue early Wednesday around 1:10 a.m.

Police are looking for two males and one female after the two armed males demanded cash from employees. An undisclosed amount of cash was obtained, and police say one suspect damaged property.

Anyone with information on either crime is asked to call CrimeStoppers at 786-TIPS.

SHANE GIBSON

Cross-examination

Crown interrogates husband over wife's alleged murder

A former political adviser accused of killing his wife at their Manitoba home while their young children slept says he knew police would consider him a suspect.

Mark Stobbe is accused of attacking Beverly Rowbotham with a hatchet in October 2000, then driving 15 kilometres away to dump her body before bicycling back to their house in St. Andrews.

Stobbe has said he fell asleep while his wife went out for a late-night grocery run and woke up around 2:30 a.m. to find her still gone. Her body was found several hours later in the family car in a parking lot in Selkirk.

Under intense cross-examination by the Crown, Stobbe said he volunteered some information to police after Rowbotham's body was found because he knew they would have to "eliminate him" as a suspect.

Stobbe told a police officer he had a life insurance policy for Rowbotham but it had been cancelled and that the couple had gone to marriage counselling.

Stobbe rejected suggestions that he has bolstered his version of events. "I've tailored nothing and added nothing," Stobbe said.

The Crown said it doesn't make sense that Rowbotham would return to Safeway when she had been there that afternoon. Shopping records show she never shopped twice in one day except once, Dawson said.

Although Stobbe said he was initially worried his wife had been in a car accident, Dawson pointed out he never asked police or the hospital about accident reports. Stobbe also didn't call his sister-in-law or mother-in-law to see if his wife was there, but called police instead, Dawson said.

The Crown has DNA evidence that shows blood, hair and small bone fragments from Rowbotham were found in the backyard, and alleges that Stobbe hosed down the area to try to wash away evidence.

THE CANADIAN PRESS

1 NEWS

Mobile news

Tube riders in London are getting wired in time for the Olympics with free Wi-Fi in the underground subway system during the games. Scan (if you're not underground) for the full story.

On the web

Funny talk after 9-11

Arab-Muslim standup comedy is flourishing more than a decade after 9-11, and the comedian who gained notoriety on the "Axis of Evil Comedy Tour" makes it clear he's trying to do more than just lampoon himself or his people for easy laughs. Watch at metronews.ca/video

Jets go mobile with release of new, free app for fans

Interactivity. New app gives player, game information at your fingertips.

BERNICE PONTANILLA
bernice.pontanilla@metronews.ca

Everything you've ever wanted to know about the Winnipeg Jets is now in the palm of your hand.

MTS and True North Sports and Entertainment launched the Winnipeg Jets mobile app for Apple, BlackBerry and Android on Wednesday to eager fans.

"We are excited about this opportunity to stay on the leading edge in digital and mobile interactivity with out technology partner, MTS," stated Jim Ludlow, president and CEO of True North, in a press release. "We are proud to remain at the forefront of what fans expect from their sports teams."

The app features game information, statistics, photos and even a link to purchase game tickets. While the downloading of the app on iPhone seemed to go smoothly, BlackBerry and Android users reported problems on Twitter and Facebook.

Analysis

A resounding 'Go App Go!'

The Jets' new mobile app offers something for every fan, including the chance to check whether there are any seats available to the next home game.

Alas for me, when it came to the Jets vs. Stars game Wednesday night, nada.

But seriously, folks, giving me the chance to check how loud my "Go Jets Go" can get (via the Fan Noise link), is just plain scary. Scary fun, though!

One of my work colleagues was impressed that he no longer has to go to the NHL app to check the standings, which on the Jets app can be viewed by division, conference or league.

Only complaint is the pixilated image for each item in the videos section.

This new Jets app begs just one question: what took them so long?

METRO WINNIPEG DIGITAL REPORTER

The Winnipeg Jets launched a new mobile app on Wednesday that allows fans to keep up-to-the-date with players, games and stats. BERNICE PONTANILLA/METRO

Shooters get driving as golf course opens early due to weather

Anxious golfers drive a few balls at Shooters Golf Course in Winnipeg on Wednesday, which opened its driving range in response to the warm weather, which is usually reserved for late spring, not late winter. The prairies are currently experiencing a heat wave, with Winnipeg seeing temps in the low teens and forecasted temperatures of 22 C for Friday. Normal temperatures at this time of year are highs of -1 C. CHRISD.CA

Drug bust. RCMP find more than food at Winnipeg restaurant

A man and woman are facing a number of charges after RCMP found a large haul of drugs at a Winnipeg restaurant and home.

Members from the Selkirk RCMP Selkirk detachment, the "D" Division Drug Section and RCMP police dogs, executed a drug search warrant at a residence on Jefferson Avenue in Winnipeg and a restaurant in the 500 block of Sargent Avenue on March 8.

Investigators found roughly 10 pounds of marijuana at the restaurant and netted around six ounces of cocaine as well as ecstasy, crystal methamphetamine and cash from the home.

The total street value of the seizure is estimated at more than $35,000.

A 26-year-old man, Trung Ngoc Truong, was arrested and charged with numerous drug related charges.

A 48-year-old woman, Thi Thu Tran was also arrested and charged with possession of marijuana for the purpose of trafficking.

Police continue to investigate. SHANE GIBSON/METRO WINNIPEG

Value

$35,000

The total street value of the seizure is estimated at more than $35,000.

Smart spending

EPC kills fare hike

Winnipeg is only one step away from officially killing the 20-cent transit fare hike.

The City's executive policy committee voted down the fare hike Wednesday — unsurprising since the province killed the idea of allowing the city to spend the extra money on rapid transit instead of paying down its debt. METRO

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Firefighters T.J. Belluk (from left), Alan Bartley, Chad Swayze and Joel Savard are participating in the Winnipeg Fire Fighter Campout at the Osborne Fire Hall. The Campout runs until Friday.
BERNICE PONTANILLA/METRO

Firefighters on roof to raise funds

Campout. Money raised goes to Muscular Dystrophy Canada

They may not be facing the usual frigid temperatures, but the howling wind sure kept four firefighters camped out on a rooftop awake all night Wednesday.

From the confines of the still swaying tent on top of the roof of the Osborne Fire Hall, firefighter Joel Savard said facing the elements is worth raising money for a worthy cause.

"The wind, it kept us up last night," said Savard, who works out of Station No. 2 in Elmwood. "It's not cold but the wind does add a different factor. It was noisy for sure."

In its third year, the Winnipeg Fire Fighter Campout is a main fundraiser for Muscular Dystrophy Canada, which helps families across the country affected by neuromuscular disorders.

Retired firefighter Alan Bartley has participated in the boot drives, and now Campout, since 1965.

For Bartley, the Campout provides the chance to be back at a fire hall and rub shoulders with the younger fire fighters.

"Last year it was 30-below, this year we're going to have 20 above on Friday, it makes it hard to know what to pack," said Bartley with a laugh.

The 2011 Campout raised just shy of $30,000, so this year's goal is to surpass that number.

Before starting the Campout, local businesses donated $3,500. The firefighters hope generous Winnipeggers will step up and donate the rest.

Kristen Pachet, revenue development manager (Manitoba and Saskatchewan) for Muscular Dystrophy Canada, said the fire fighters' campaign goes beyond the money they raise.

"The awareness we get and the attention towards our organization is huge," said Pachet, who spent Wednesday's workday in the rooftop tent.

"This year, people have been coming to us to donate … It's really starting to become a community event."

The Campout wraps up Friday at 10 a.m. BERNICE PONTANILLA/METRO WINNIPEG

Ways to donate

- Boot drive at various points across the city from 7 to 9:30 a.m.
- Online at www.muscle.ca/campout
- Anytime at Osborne Fire Hall, fire fighters will lower you a boot to place your loose change in

Property taxes

School divisions across Winnipeg raising taxes

Homeowners in the Louis Riel School Division will see their property tax bill go up — but not by much — as the division announced a 3.1 per cent increase.

The board adopted its $151.9-million budget at a meeting Tuesday evening.

In a press release, the division stated its reasons for the increase, pointing to the discontinuation of the Provincial Tax Incentive Grant (TIG) that had "assisted Louis Riel School Division to eliminate tax increases for four years."

The division "received the same funding this year as it did for the 2011-2012 school year which was not enough to address the overall expenditure increase of 2.6 per cent."

For the average homeowner in the Louis Riel School Division, which covers St. Boniface and St. Vital, this will mean shelling out $46 more.

Earlier this week, the Winnipeg School Division announced a tax hike of 7.8 per cent, or $76 for a home valued at $150,000, while Pembina Trails School Division is raising its tax 6.2 per cent, or $71 for the average homeowner.

Earlier this month, the River East Transcona School Division approved a $166-million budget that included a 2.9 per cent increase in school taxes. BERNICE PONTANILLA/METRO WINNIPEG

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Female guards molested us, Canadian women say

Legal fight. American officials left three Canadian travellers traumatized at the border, court documents claim

Three Canadian women have launched legal action alleging they were molested by female U.S. border guards while attempting to cross the border near Windsor, Ont.

Leslie Ingratta of Windsor alleges two customs and border protection officers took her to a holding cell for questioning when she attempted to cross the Detroit-Windsor tunnel on Jan. 30, 2011, for a shopping trip to the U.S.

The lawsuit alleges officials questioned Ingratta repeatedly and accused her of lying about her reasons for travelling before ordering her to face a wall.

With her arms and legs spread, the officials conducted a search that included putting their hands under her bra and fondling her breasts, as well as grabbing her buttocks and rubbing her genitals, the suit alleges.

She was then taken back to the waiting room, crying and shaking, and told she was "clear to enter the United States."

"By this point, plaintiff was too traumatized to continue on her trip and returned to Canada," court documents say.

In a second, joint lawsuit two women from Windsor and Milton, Ont., claim they were strip-searched in an inappropriate manner while travelling together across the Ambassador Bridge on March 5, 2010 to attend a music concert.

They allege the guards put their fingers into their anuses and vaginas, and fondled each of their bare breasts "in a prolonged, deliberate manner."

Thomas Wienner, a Rochester, Mich.-based lawyer, who represents all three women, said he believes there could be more victims and is encouraging them to come forward.

TORSTAR NEWS SERVICE

Lawyer's case

"These women were sexually molested at the border and there's no excuse for that."

Thomas Wienner, a U.S. lawyer who is representing the women

Success in court can't erase the memories

Celeste Peterson, right, cries after a court verdict on Wednesday in Christiansburg, Va. Jurors deliberated for three hours before siding with the parents of two students who were killed on April 16, 2007, in the most deadly mass shooting in modern U.S. history. Their wrongful death civil lawsuit argued that lives could have been spared if school officials had moved more quickly to alert the campus after the first two victims were shot in a dorm. The massacre ended later in the morning with the deaths of 31 more people, including the gunman, at a classroom building. SAM DEAN/THE ASSOCIATED PRESS

Dominica

Quebecer on cruise ship dies while snorkelling

A Canadian tourist has died after a snorkelling outing from a cruise ship, say police on the Caribbean island of Dominica.

Yvette Prince, 61, was with friends when she collapsed. She was declared dead at a hospital.

Prince, from Quebec, was a passenger on the Norwegian Dawn.

THE CANADIAN PRESS

Sick, sick, sick

Cat found frozen in a block of ice shocks SPCA

Animal cruelty investigators are looking into a disturbing case of a cat found in a frozen block of ice in Dawson Creek, B.C., Tuesday.

"I have deep concerns about the stability of anyone who would do this," said Marcie Moriarty, BC SPCA animal cruelty investigator.

"The ice block … was left just a stone-throw away from where we found the corpse of a frozen dog, in a very similar position and in a Tupperware-like container in January last year."

"The first time we weren't able to get any significant leads.

"No one was able to identify the dog and there was no ID. We're hoping someone will step forward this time."

Before an autopsy can be conducted the cat must be thawed. However, investigators believe there is blood frozen in the ice block.

KYLA JONAS/ FOR METRO IN VANCOUVER

Surgery

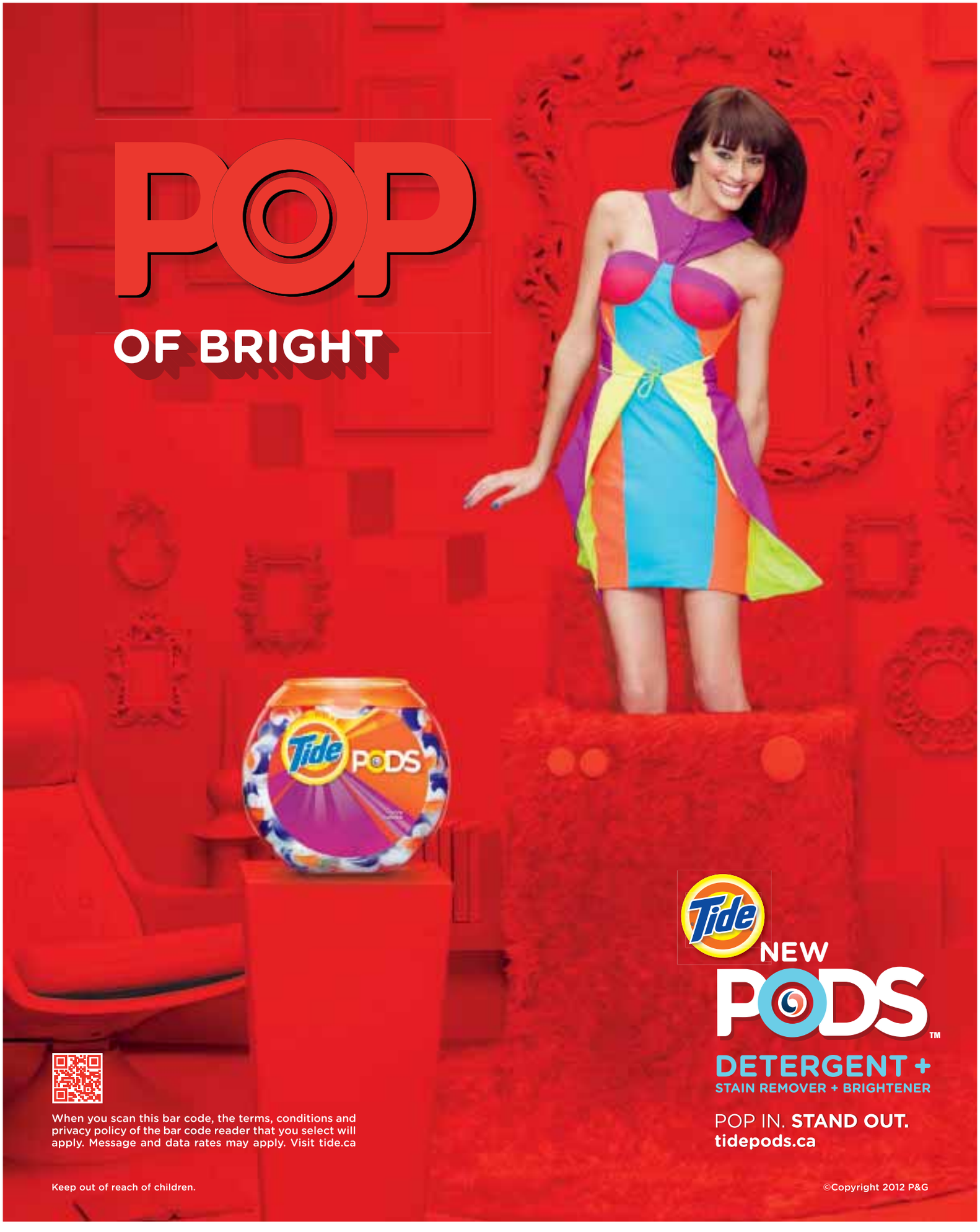
Drug shortage putting pressure on hospitals

A drug shortage is worrying anesthesiologists across the country.

They fear they won't have enough drugs for surgery or sedatives and painkillers.

Sandoz Canada cut production of more than 100 medications after U.S. concerns about quality. A fire also affected a plant.

THE CANADIAN PRESS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Bill targets Viagara users

Men's health. A U.S. senator has put forth a bill that would require men to undergo a medical exam before being prescribed drug

An Ohio state senator says she only wants to look out for men's health — the way men look out for women's — by introducing a bill that would require Viagra users to first get medical exams and affidavits of impotency from their partners.

"This isn't about restricting it," Democrat Nina Turner explained to the Toronto Star on Wednesday. "We are purely looking out for men's health and their well-being so they fully understand their options."

By men, she particularly means the conservatives behind the sudden uproar about birth control and abortion in the United States.

"It is crucial that we take the appropriate steps to shelter vulnerable men from the potential side effects of these drugs," said the Cleveland Democrat. "I see birth control, abortion and Viagra as all part of reproductive health."

Bill 307 would require a man who wanted a prescription for erectile dysfunction to "have a long conversation with a sexual therapist to determine whether or not this is physical or mental," said Turner.

Republican state legislators have used options and risks as their rationale for restricting access to birth control and abortion.

TORSTAR NEWS SERVICE

Looking out for men?

"The men in our lives generously devote time to fundamental female reproductive issues — the least we can do is return the favour."

U.S. Sen. Nina Turner

Bill 307 would restrict access to Viagara. TOBY TALBOT/THE ASSOCIATED PRESS

Backlash. Principal resigns after anti-gay, anti-abortion assembly

The principal of an Iowa secondary school that allowed members of a Christian rock band to espouse their anti-gay, anti-abortion views while showing students images of fetuses that had apparently been aborted is resigning.

Mike Cooper, who oversees grades 7-12 at the school in Dunkerton, will tender his resignation Monday and remain on the job through the end of the school year, Dunkerton Superintendent Jim Stanton told the Waterloo-Cedar Falls Courier for a story published Tuesday.

Stanton said Cooper's decision is not related to Cooper's recommendation that the district invite the band Junkyard Prophet to perform at last week's assembly, and said the plan had been "in the works" for nearly a month.

THE ASSOCIATED PRESS

Preaching hate

"They told my daughter, the girls, that they were going to have mud on their wedding dresses if they weren't virgins."

Jennifer Littlefield, parent

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TESTIMONIAL - *Thank you so much!* "My fiancée and I had always thought that we were relatively healthy at 47 years of age and had fairly decent eating habits in that we were conscious of what we put into our bodies - fresh fruit and veggies, as little processed meats, white flour, sugar, salt, etc. but over the last 6 months or so we were beginning to feel sluggish and that our age was finally catching up to us - very rapidly. We searched the internet and narrowed our search to CleanseSMART's 30 day cleanse. We are very happy to report that after only five days both of us felt an amazing change in our bodies - lighter, healthier and more energized! Thank you so very much for your expertise in formulating this cleanse." - 2008-01-16

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Switzerland tour bus crash kills dozens

Death. Some 200 rescuers called to scene of accident after bus slams into concrete wall

A woman and child light a candle during a mass held to commemorate the victims of a deadly bus crash in Switzerland, at the Saint-Peters church in Leuven, Belgium, Wednesday. YVES LOGGHE/THE ASSOCIATED PRESS

A tourist bus slammed head-on into a concrete wall in a Swiss Alps tunnel, killing 28 people, mostly children returning from a ski vacation. Swiss police said Wednesday the vehicle was not speeding and everyone was wearing seat belts.

The bus was carrying students about age 12 from two different Belgian schools when it crashed shortly after 9 p.m. Tuesday night on a highway near the southern town of Sierre, Switzerland.

The horrific accident in the short Tunnel de Geronde left the front of the bus mangled, trapping people inside. Twenty-two school children and six adults including the driver were killed and another 24 children were hospitalized in what the police chief described as a "scene like a war."

Belgium flew anxious parents and relatives to the site and called for a day of mourning.

Authorities were still trying to work out how a modern bus, a rested driver and a safe tunnel could add up to such a tragedy.

A Swiss prosecutor said video cameras in the tunnel captured the accident. Olivier Elsig, prosecutor for the canton of Valais, told reporters the children on the bus were wearing seat belts, no other vehicle was involved and it was not speeding.

Speaking at a news conference Wednesday in Sion, the capital of Valais, he said investigators were looking at three possible causes for the crash — a technical problem with the bus, a health problem with the driver, or human error.

THE ASSOCIATED PRESS

Earthquake. Japan hit by tremors days after tsunami anniversary

A series of earthquakes rattled Tokyo and northeastern Japan on Wednesday evening but caused no apparent damage or injury in the same region hit by last year's devastating tsunami.

The strongest was a magnitude-6.8 that struck off Hokkaido island and generated a small tsunami. Some communities along the northern Pacific coast advised residents to evacuate coastal homes.

A swelling of 20 centimetres was observed in water at the port of Hachinohe in Aomori about an hour after the tremor, with smaller changes seen elsewhere. The Meteorological Agency lifted all tsunami advisories within about 90 minutes.

About 9 p.m. local time, a magnitude-6.1 quake shook buildings in the capital. It was centred just off the coast of Chiba, east of Tokyo, at a rather shallow 15 kilometres deep.

Narita International Airport briefly closed runways for inspection but later resumed operation. Several local train services were suspended for safety checks.

There were no abnormalities reported at nuclear power plants after the two earthquakes, operators said. Nearly all of Japan's nuclear plants are offline for safety inspections.

Residents flee to safety after a tsunami warning was issued following an earthquake in Ofunatp, Iwate prefecture, Japan. IWATE NIPPO VIA KYODO NEWS/ THE ASSOCIATED PRESS

This past Sunday, Japan marked the first anniversary of the massive magnitude-9.0 earthquake and tsunami that left some 19,000 people dead or missing, wreaked widespread damage along the northeastern coast and triggered the worst nuclear accident since Chornobyl. Rebuilding has yet to fully begin in many coastal communities.

THE ASSOCIATED PRESS

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Airline workers protest order

Air Canada union workers protest in Ottawa. ADRIAN WYLD/THE CANADIAN PRESS

Air Canada union workers continued to protest outside government offices in Ottawa Wednesday, after federal politicians imposed an arbitration order that forces the airline to keep flying.

Bill C-33, which passed Wednesday morning, covers about 8,600 mechanics, baggage handlers and other ground crew at Air Canada and about 3,000 pilots.

Labour Minister Lisa Raitt had proposed the back-to-work legislation on Monday, saying a work stoppage at Air Canada was something the country could not afford. The government had invoked closure on Tuesday afternoon, setting up the final vote in the House of Commons.

But the union representing the mechanics and other workers said Tuesday that the decision to impose arbitration on its talks with the airline eroded labour rights.

International Association of Machinists and Aerospace Workers executive Daven Ritchie said the bill would "poison labour relations across Canada."

Under the "final offer selection" arbitration process, the union and airline will put forward their best offer and an arbitrator will select one.

The bill now goes to the Senate, where the Conservatives are expected to use their majority for speedy passage.

THE CANADIAN PRESS

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A juicy chicken filet — made in Prof. Fu-hung Hsieh's laboratory. UNIVERSITY OF MISSOURI

Lab-grown meat looks, feels, tastes like chicken

Food revolution. Biological engineers have succeeded in creating edible meat from stem cells

ELISABETH BRAW
Metro World News

"Let there be animals," said God, and He created chickens, cattle and fish. Actually, it's not God. It's Fu-hung Hsieh, professor of biological engineering at the University of Missouri.

Hsieh makes chicken. That's right: He creates chicken out of nothing — tasty filets that look, feel and taste like the real bird.

"Laboratory-grown meat needs to mimic the appearance and bite of natural meat," said Hsieh. "In the past, researchers haven't been able to recreate the appearance, so consumers wouldn't eat the artificial meat."

But even foodies would have a hard time telling natural chicken apart from Hsieh's new chicken. It's now being produced for use in restaurants.

Hsieh stands at the forefront of a global food revolution. Biological engineers in several countries have recently succeeded in creating edible meat that looks appealing. Earlier this year a Dutch researcher created the world's first laboratory-grown edible hamburger.

"We've made big steps in creating laboratory-grown meat, but the result isn't something I'd eat at this moment," said Dr. Daisy van der Schaft, a biomedical engineer at Eindhoven University in the Netherlands. "Part of the problem is that the gel that binds the cells together contains animal-derived material and actually also material derived from mouse tumors."

Professor Hsieh and his team are now about to create turkey, beef and fish.

"That's very different from chicken," he said. "With fish, especially, you have the additional challenge of replicating many different colours."

If research continues to progress, supermarkets could sell lab meat within the next several years.

How it works:

1. To create an artificial hamburger, steak, or chicken breast, scientists take stem cells from animals and grow them into a 3-D shape.
2. Then they grow the cells into muscle cells. As with natural muscle cells, the cultivated muscle cells "bulk up" into solid muscle bundles.
3. As soon as the muscle cells grow in size, it's important that the tissue is continuously supplied with nutrients.
4. The scientists then create chain ducts, similar to blood veins. "The easiest meat to create is sausage," explains van der Schaft. "It doesn't have to look attractive like a steak."

Foreign investment limits lifted for telecoms

Wireless market. Antenna tower-sharing and roaming policies also due for forthcoming changes, Industry Minister says

Ottawa moved Wednesday to level the wireless playing field by placing limits on the coming wireless spectrum auction and lifting foreign-investment limits on small telecom firms in an effort to boost competition.

Industry Minister Christian Paradis says the new measures will allow new wireless carriers into the market and foster greater competition in the telecom industry after the auction expected next year.

"We want to have a fourth player, wherever you are in the country," Paradis said.

"This is the bottom line here: we have the three incumbents. We want to have a fourth player. So what we are bringing here are the tools that will likely help to achieve this target."

Canada's wireless market is dominated by Telus, Rogers and Bell.

The changes to the auction rules will let at least four companies obtain spectrum in each of Canada's 14 licence areas, effectively making one block available for one of the smaller players.

As well, companies with less than 10 per cent of the telecom market will no longer have restrictions on foreign investment.

The government is also applying measures to the 700-MHz wireless spectrum auction to ensure rural Canadians receive the same level of service as people who live in bigger towns and cities.

THE CANADIAN PRESS

Members of the Renaud family play on their wireless devices as Minister of Industry Christian Paradis makes an announcement in Russell, Ont., on Wednesday. SEAN KILPATRICK/THE CANADIAN PRESS

Northern boom

Northern Territories due for growth

There is a hot spot in Canada's lacklustre economy — the North.

The Conference Board says a global commodities boom is igniting a fire under Canada's three northern territories, forecasting they will be growth leaders over the next two years.

Real gross domestic product growth will collectively top seven per cent in both 2012 and 2013, more than three times the national average.

THE CANADIAN PRESS

Mobile advertising

More ads coming to smartphones

As more Canadians flock to smartphones, advertisers will inevitably follow suit. But there is a hurdle — they have to figure out how to pitch themselves on personal, small-screen devices without coming off as too intrusive and turning off their audience.

Mobile advertising is still in its infancy, even though smartphone usage has taken off. A recent report from Comscore estimates that as of December 2011, 45 per cent of mobile phones in Canada are smartphones.

THE CANADIAN PRESS

Market Moment

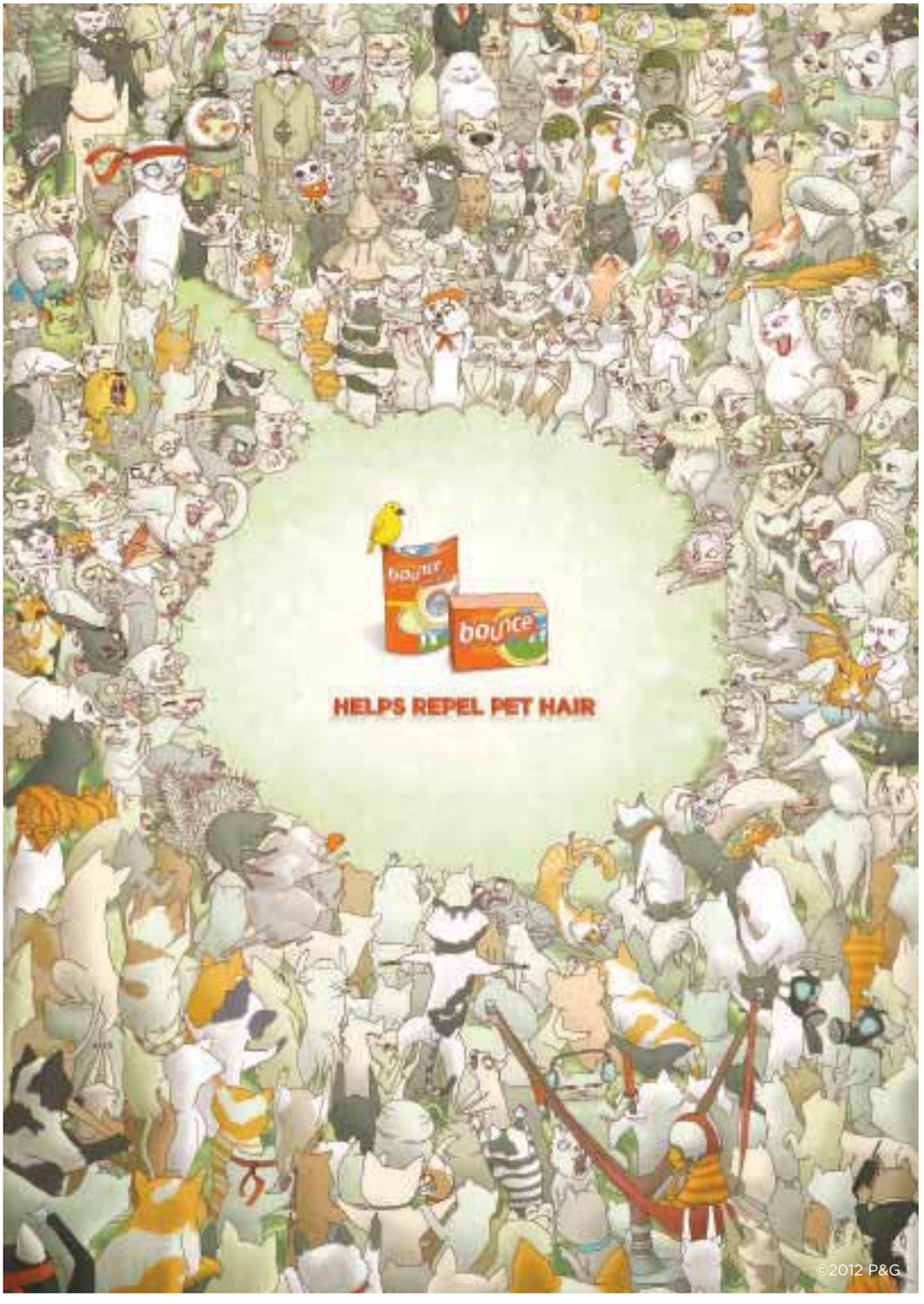
DOLLAR
100.7¢ US
(-0.39¢)

TSX
12,377.9 (-159.8)

OIL
$105.43 US (-$1.28)

GOLD
$1,642.10 US (-$51.30)

Natural gas: $2.284 US (-1.5¢)
Dow Jones: 13,194.1 (+16.42)



Car coup. Vehicle sales on the rise across Canada

Canadian sales of new cars and trucks opened the year on a resoundingly positive note, but may have fallen off last month, Statistics Canada suggested Wednesday.

The federal agency — which collects data on monthly retail sales in dollars and in units of new vehicles sold in Canada — found a 15.4 per cent rise in vehicles sold in January to 153,623 units from 133,146 units sold in December.

The data indicates sales rose at the fastest pace in more than 15 years in January, economist Robert Kavcic said Wednesday in a report by BMO Economics.

THE CANADIAN PRESS

Car sales hit a 15-year high in January. SCOTT OLSON/GETTY IMAGES

PUTTING THE CLUB BACK IN SEAL CLUBBING

HE SAYS...
John Mazerolle
metronews.ca/hesays

Ke$ha, the face of the seal protest.
GETTY IMAGES

As "pop" "super" "star" Ke$ha throws her weight (90 pounds) behind the fight against the Atlantic Canadian seal hunt, the question must be asked: Who spoke for the seals before pop culture sucked?

Every year there's some sort-of celebrity who clubs us over the head with the message that Newfoundlanders and Maritimers are barbarians for taking part in a tightly controlled hunt of sea mammals (horrors!).

There's been Pamela Anderson, MacGyver, an America's Top Model host, and generally just a cavalcade of Z-listers who need something to do now that there's no such thing as Hollywood Squares.

What the $#%!

And this year there's Ke$ha, trying to $ave the $eals, despite an apparent shortage of funds which keeps her from replacing the S on her keyboard.

You can make an argument that Paul McCartney has been the exception, but a) he spoke out because of his wife/master Heather Mills (who could pay the sealers' wages with her alimony) and b) McCartney wrote Simply Having a Wonderful Christmastime, which is the sonic equivalent of a seal being strangled.

And this year there's Ke$ha trying to $ave the $eals despite an apparent shortage of funds that keeps her from replacing the S on her keyboard. The irony in this case being that her music can kill surrounding animal and plant life at 100 paces.

All celebrity-bashing aside, there are only a couple of reasons why people care about the seal hunt.

First and foremost, seals are so cute they're basically children's toys with intestines. The acceptability of animal slaughter is based entirely on how adorable a species is. That's why you never see a supermodel on the ice floes promoting the Save the Flounder foundation.

The second reason is that seals are killed for one brief period each year, which by definition makes it news. No media outlet covers the bloody slaughter of cows, chicken and sheep because it's 365, 24-7, and budgets these days don't allow that kind of in-depth reporting.

I feel particularly bad for the cow. It's dopey-looking *and* is killed by the tens of millions. That's why many celebrities have posed for those Got Milk? ads. Think about that. Famous people pose with *the food made for the cows' children* smeared on their face, all with a big smile. Barbarians.

If you're a vegetarian, cool, add the seal hunt to the list of things that offend your sensibilities. But if you like steak, chicken or lobster, then you're a hypocrite, and possibly a big, fat one.

I just looked it up, and Ke$ha is a vegetarian, so I guess she's off the hook. The seal hunt is a heated discussion, but I'm always up for differing, honestly held opinions.

I call a truce, Ke$ha. If we're ever in Newfoundland at the same time, let's go clubbing.

Pamela Anderson doesn't wear fur. She doesn't wear much of anything, actually.
RYAN REMIORZ/THE CANADIAN PRESS

Hotdog diplomacy

GETTY IMAGES

Home-court advantage

U.S. and U.K. bond over hotdogs

DAYTON, OHIO. U.S. President Barack Obama and British Prime Minister David Cameron take a break with hotdogs at a college basketball game.

Cameron and wife, Samantha, are on a three-day visit to the United States. A "sports-fan-in-chief," Obama has his own basketball court in the White House premises.

MWN

Shooter

"It's fast, it's pretty fast and furious. It's hard to follow sometimes exactly who's done what wrong."

David Cameron
On the basketball game he attended.

Point guard

"David Cameron is going to teach me the rules of cricket."

Barack Obama
After Cameron admitted Obama had to explain the rules of basketball.

Three-pointer

Their wives promote health

HEALTH. While the president and prime minister were busy scarfing down unhealthy food, their respective wives — Michelle Obama and Samantha Cameron — attended an Olympics-themed event in Washington, D.C., for kids to highlight the London 2012 Games and Mrs. Obama's anti-obesity campaign.

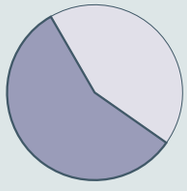
MWN

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

Do introverts need to act like extroverts to get ahead in the workplace?

57% YES. IF YOU DON'T SPEAK UP YOU WON'T BE NOTICED



43% NO. GOOD WORK SPEAKS LOUDER THAN LOUD-MOUTHS

Twitter

@truebusterflash:
I've driven in 5 different countries on 3 different continents, in dozens of cities & #Winnipeg by far has the worst drivers in the world

@mattwiep:
It's always fun to watch somebody chase a paper in the wind.

@bryanbeingbored:
Thing I hate about Spring is that once all the snow melts off the streets, you realise how many damn potholes there are.

@_mloughery:
They say I walk around like I got an S on my chest

@mcmikex:
If #Saskatoon does scoop the #Coyotes, they need to call them the "Saskatchewan Senators". #NHL #WinnipegJets

@WillyBlive:
Just avoid Empress at all costs. you will never get your vehicle back. WORST ROAD IN WINNIPEG

metro

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International comic following his Wanderlust across the planet

Scottish comic gets his material from shows across the world.
Playing the Burton Cummings Theatre in Winnipeg on Tuesday

BACKSTAGE PASS
Jared Story
winnipeg@metronews.ca

Danny Bhoy is in the midst of a month-long 21 city Canadian tour.

Titled Wanderlust, the coast to coast trip is nothing new for the Scottish comedian, who derives much of his material from his many travels of Canada, the UK and Australia.

"I'm basically on the road for most of the year so I don't have a chance to write comedy about anything other than traveling and being in different places," Bhoy says, 38.

"It's great because it makes my general outlook a lot more international. I can do comedy that will work everywhere rather than comedy that's isolated to just one place."

On the surface, Bhoy's status as an international comic makes complete sense. Born Danni Chaudhry, Bhoy is the product of an Indian father and a Scottish mother. However, Bhoy's eastern side is rarely the focus of his funny.

"I grew up in Scotland in the '80s and that shaped my opinions and culture," Bhoy says.

"My dad wasn't one of those classically strict Indian parents who had an idea of who I was going to marry. He was pretty laidback. There are things about my Indian side that I occasionally allude to, but I don't want to play on something I don't know that much about."

Still, sometimes the Scotsman is forced to address his Indian-ness, like when he met Prince Phillip at a 2003 Royal Variety Performance.

"He had just watched me do five minutes and said 'I saw your face and heard your voice and wondered is he bloody Indian because he sounds Irish,'" Bhoy says. "He's the guy who will shake hands but is more or less banned by the royals from saying anything because he constantly puts his foot in his mouth."

Danny Bhoy plays the Burton Cummings Theatre on Tuesday.

Tickets are $43.75 and are available at Ticketmaster. Showtime is 7:30 pm.

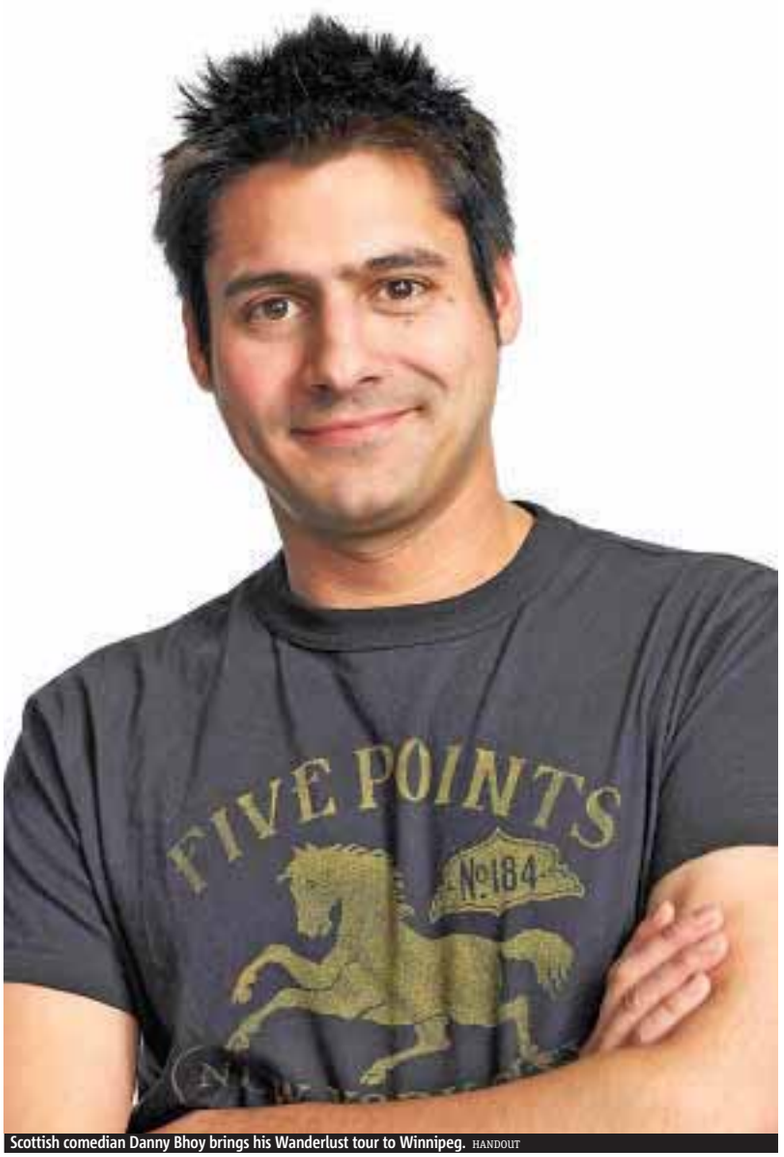
Analysis

What else is going on in Winnipeg?

Red Moon Road releases its debut album Saturday at the West End Cultural Centre.

Fronted by soul-singing sensation Sheena Rattai, the Winnipeg roots band recorded the self-titled effort with Juno Award-winning producers Don Benedictson and Murray Pulver.

Local bluegrass trio Bog River opens the show. Tickets are $12 at Music Trader, Winnipeg Folk Festival Music Store, Ticketmaster and the WECC or $15 at the door. Showtime is 8 pm.



Scottish comedian Danny Bhoy brings his Wanderlust tour to Winnipeg. HANDOUT

Judd has been Missing from television

Actress plays a CIA agent who is pulled back into her old life.
Missing premieres on CTV Thursday

IAN JOHNSTON
Scene@metronews.ca

Ashley Judd says the decision to return to TV with the spy drama Missing didn't come easily.

"There was a lot of hesitation. I was really torn right up until I decided to do it," says Judd, who is best known for such big screen movies as Kiss The Girls and Double Jeopardy.

"But part of what attracted me to this project was the premise — which was very simple and compelling. I'm a mother looking for her missing child."

Which is true. To a point. In Missing, Judd does indeed play Rebecca Winstone, a middle-aged widow who is horrified when her son goes missing while vacationing in Europe.

But when the authorities prove no help, Winstone heads to Europe, where she quickly reveals her past life as a CIA operative who can kick some serious butt when things turns deadly.

"I only get back involved with the CIA so I can find my son. But to my great dismay, I start to get pulled back into that old life."

Missing premieres Thursday on CTV.

Ashley Judd has decided to make a return to television
HANDOUT

2 SCENE

In brief

Hollywood tries to Bully AMA

More Hollywood heavyweights, including Johnny Depp, are joining the call for a lower rating on the teen-focused documentary Bully. Lee Hirsch's documentary on bullying in American schools has been rated R for language. Distributors appealed the decision, but it was upheld by the Motion Picture Association of America, which oversees movie ratings. In Canada, provinces which have already rated the documentary have given it a PG rating.
THE ASSOCIATED PRESS

On the Web

'American Idol' finalist among top 12 tweets that he's off the show

Case closed ... Gillian Anderson admits to having lesbian affair

X-Files star Gillian Anderson confirms to Out magazine that she's no stranger to same-sex romance.

"I was in a relationship with a girl for a long time when I was in high school," the 43-year-old actress says, adding that she had additional flings with other women.

"You know, I'm old enough that I can talk about that." Anderson acknowledges that the dalliances might have had a bigger impact on her had they played a bigger role in her romantic life.

"If I had thought I was 100 per cent gay, would it have been a different experience for me?" she wonders.

"It's possible that my attitude around it came, on some level, from knowing that I still liked boys."

Gillian Anderson GETTY IMAGES

Lawrence tried to squash beef before it became an issue

Jennifer Lawrence isn't in a hurry to make any enemies in Hollywood, so when a tabloid story suggested she was feuding with Twilight star Kristen Stewart, the Hunger Games star did everything she could to quash it before it kicked off.

"There were all these like, fake quotes from me that were actually hilarious. Some of them were from my 'pal' and 'sources,'" Lawrence tells Access Hollywood.

"Then I was like, 'Oh my God. If she reads this, what if she thinks it's true?' I just shot her an email, and was like, 'Hey, can't wait to see more as this feud unfolds!'"

Stewart, no stranger to being tabloid fodder, took it in stride.

"She wrote me back," says Lawrence. "She was like, 'It's fine. Welcome to the world where everything you say gets turned into (something it's not).' So, she understood."

Jennifer Lawrence GETTY IMAGES

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

LiLo watch

Lohan could see a hit and run charge

THE WORD
Dorothy Robinson
scene@metronews.ca

It's been, what? A hot minute since Lindsay Lohan hasn't been in trouble with the law?

Her days-long winning streak is seemingly coming to an end after allegedly hitting a man with her brand new black Porsche and fleeing the scene in Hollywood late Tuesday night, according to TMZ.

Lohan was reportedly trying to execute a three-point turn and avoid paparazzi while leaving a nightclub when her car made contact with the manager of a nearby hookah lounge.

The manager, whose knee was supposedly grazed, initially said he was fine and didn't need medical attention, according to paparazzi on the scene. But when he was informed that Lohan was behind the wheel, he reportedly began complaining about being injured.

The man was taken to the emergency room and is said to be considering hiring a lawyer and pressing charges.

Police sources tell the website that they will open a hit-and-run investigation if the man decides to press charges.

Katy Perry ALL PHOTOS GETTY IMAGES

Tell-all book could net Perry a multi-million dollar payday

Katy Perry has reportedly been flooded with offers to write a tell-all book about her divorce from Russell Brand, with one publisher offering $3.1 million for the story, according to the Sun.

There's no word on whether she's considering the offer, but some speculate that her recent silence seems suspect.

"When everything was going well, Katy couldn't stop talking about him," a source notes.

"Since the split, neither of them have said anything — keeping the price of a deal high."

Twitter

@MileyCyrus
Road trip with mommy :) country music blarin!!!! "It's mommmmmy time!"

@RealFayeDunaway
Being realistic is the most common path to mediocrity.

@ricky_martin
If you wake up without a sense of humor, go back to sleep and start your day again.

@GarryShandling
Forget about arguing when life begins. First, let's find 2 people who agree on when the sex actually starts.

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The fresh, the future and the forget it of fashion

Four weeks later. We attempt to make sense of a chaotic month of catwalks

KENYA HUNT
Metro World News in London

NOW

The decorated waist

Inhale and hold. The waist was a major focal point for the fall shows.

Burberry Prorsum highlighted it with little bows, Etro played it up with horsey harnesses and peplums, while Fendi and Acne cinched it with wide, sculpting belts. This is probably the easiest idea to adopt now. Simply grab a ribbon and tie it around any one of spring's trendy, lady-like dresses.

Clothes you can breathe in

Despite all the nipped and cinched waists we've seen all month, there was also an overall no-squeezing-required easiness to a lot of the clothes designers showed for fall.

Basically, you don't have to have the perfect body to pull them off.

Think relaxed and slouchy trousers (as seen at Balenciaga, Dries van Noten and Proenza Schouler, to name a few) and skirts that are forgivingly full and knee length (Marc Jacobs, Rodarte and Rochas are good examples).

So go ahead and eat the bun that came with that hamburger.

NEXT FALL

Dark and moody

The darker the colour, the more on-trend you'll be next fall. Burgundy, oxblood and purple were the colours of the season in New York and London showing up everywhere from Diane von Furstenberg to Jason Wu to Christopher Kane.

And black dominated Milan and Paris — just look at Gucci, Alberta Ferretti, Roberto Cavalli, Givenchy and Yves Saint Laurent for proof. You get extra points if you go dark from head to toe à la Rooney Mara, the most referenced girl of the month. But we suggest holding off until September before you start rocking this look. The Girl With the Dragon Tattoo goth thing can get a little hot and sweaty in spring.

Look-at-me outerwear

Technically, every autumn/winter show is an outerwear show.

Coats and jackets are one of those items that women rarely skimp on, so designers like to give plenty to choose from here.

That said, the outerwear reached new heights when it comes to fabric innovation and embellishment — that's a good thing when you consider that the winter coat is the only thing a person really sees on the street in winter.

Our votes for season's best goes to Prada (decorative and ornamental), Alexander Wang (slick, sleek and urban) and Jil Sander (soft, chic and romantic).

NEVER

Anything that appears to swallow you whole

Outsize coats and dresses are having a moment again thanks to Marc Jacobs and Comme des Garçcons. But word to the wise: steer clear of any garment that looks like it could eat you for lunch or take up its own seat on the subway unless you are a fashionista with the most advanced degree.

Animals appearing 2D and 3D on clothing

Jeremy Scott attached a giant white unicorn to a black evening dress. And Jean-Charles de Castelbajac affixed life-size toucan heads to the shoulders of tweed suits. But unless your name is Lady Gaga, neither of these looks will go over well in the day-to-day.

Huge problems

"Steer clear of any garment that looks like it could eat you for lunch or take up its own seat on the subway unless you are a fashionista with the most advanced degree."

Kenya Hunt, Metro World News

Diane von Furstenberg / GETTY IMAGES

Jeremy Scott / GETTY IMAGES

Fendi / GETTY IMAGES

Prada / GETTY IMAGES

Music à la mode

If the clothes could sing

When soundtracks go right

The playlist for Raf Simons' last Jil Sander show included The Smashing Pumpkins Tonight, Mazzy Star's Fade Into You, and Sonic Youth's cover of Superstar. It was poignant and slightly melancholic, helping to get the audience appropriately choked up for Simons's final bow.

And when they go wrong

Sportmax showed a solid, polished collection. But that's not what everyone was talking about after the show. That would actually be the soundtrack, which was randomly filled with the raunchiest hip hop club bangers including The Ying Yang Twins's notoriously pervy Whisper Song.

The Azealia vs. Lana sing-off

It was the month of Azealia Banks's 212 and Lana del Rey's Video Games with their music popping up at Unique, Blugirl, Etro, Tracy Reese, the list goes on. That said, maybe it's time for these ladies to drop a new single?

3 LIFE

Style file

Five more ubiquitous ideas

1 Military

2 Asian-inspired prints

3 Men's wear for women

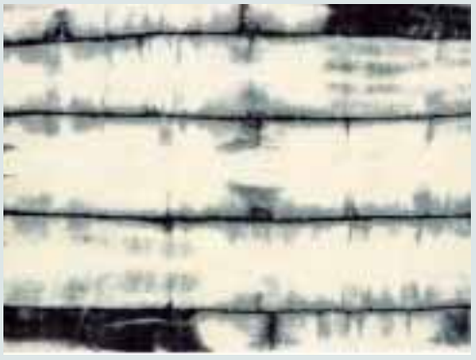
4 Exotic textures

5 Rich embellishments

On the Web

Publicist Kelly Cutrone now keeping it real on America's Next Top Model.

Tie dyed



Modern medallion

Thick and tufted

Exotic loveliness: Found Moroccan Boucherouite, $470/ four-by-seven feet, West Elm. WEST ELM

We've got your floors covered: Artful and affordable area rugs

Decor ideas. Rugs are all the rage and can make a room pop—why not unroll a little art under your feet?

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

Area rugs not only add a decorative touch to a room but can also bring furniture together in open concept spaces, protect hardwood floors from pets and children, muffle noise and be soft underfoot for comfort.

The trend of the hand-spun, hand-dyed rug that celebrates the contemporary craftsman is all the rage in rugs; and not only in the upper price range where most of the big trends usually start.

Similar to how a special painting or sculpture will contribute to a room, a unique area rug will bring style and personality in a simple space.

Here's a look at some of the fantastic and affordable area rugs following the hand-made trends.

Tie-dye
Dyeing old carpets with saturated colour has been a popular way to renew the look of outdated rugs for a few years now. Black, white and grey neutrals are on trend for this season and CB2's hand tufted wool carpet goes through a 36-step process to achieve the groovy tie-dyed effect. Tie-Dye Rug, $299/five-by-eight feet, CB2 (see above).

Exotic finds
There's no need to travel halfway around the world to an exotic country in hopes of bringing back a souvenir rug. Known as 'rag-rugs' in Morocco, Boucherouite rugs are handcrafted from scraps of yarn for a one of a kind, exotic look and imported to North America. Hand woven from cotton and wool in classic Moroccan patterns. Found Moroccan Boucherouite Rug, $470/ four-by-seven feet, West Elm (see left).

Thick and tufted
Not since the all-wool Chinese tufted carpet have we seen artful rugs so thick and comfortable underfoot. Clean lines and simplicity makes the three-quarter-inch thick Chelsea Blue Hearts rug durable and elegant. All wool with shimmering viscose accents helps to give a luxe appeal while absorbing noise and sound in style. Blue Hearts Chelsea Rug, $299/five-by-eight feet, HomeSav.com (see above).

Modern medallion
It's easy to find a fussy Persian-style rug with the medallion pattern but usually they are outdated in their look and colour. Grey is the colour of the season with simple exotic henna medallion motifs on 100 per cent New Zealand wool gives a modern spirit to an old idea. Korhani Medallion Rug, $900/ five-by-eight feet, Sears (see above).

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Damage control

Showing scum who's boss

CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

Hi Charles,
I love your column. Do you have a solution to get rid of orange soap scum stains on the caulking of shower stalls? I've switched to liquid soap and have tried everything (including clear vinegar, baking soda paste, Tilex) along with scrubbing, but to no avail.Thanks, Peter

Dear Peter,

What kind of orange soap are you using that causes so much staining to the caulking in your shower?

That's the first thing that sounds scary to me!

Now you said you have tried a baking soda paste.

I want you to change your mixture and use about 3 parts baking soda to 1 part hydrogen peroxide, and leave this solution on the grout/caulking for at least one hour.

Then simply rinse away. This may just do the trick.

If it does not after everything you have tried, it may mean that your caulking (most likely a plastic base) has absorbed and taken on the colour of your soap.

This means you only have two options left:

1. Re-do the caulking in your shower.

2. Change soap.

Good Luck!

HAVE A QUESTION? EMAIL ASKCHARLESTHEBUTLER@METRONEWS.CA

A dash of creativity results in delicious – and healthy – eats

Ingredients

4 portions
Preparations: 15 minutes
Cooking time: 20 minutes

- 125 ml (1/2 cup) fresh whole-wheat bread crumbs
- 50 ml (1/4 cup) shelled pistachios, finely chopped
- 2 cloves garlic, minced
- 1 ml (1/4 tsp) freshly ground black pepper
- 1 egg white
- 15 ml (1 tbsp) Dijon mustard
- 4 small white fish fillets (about 500 g/1 lb)
- 10 ml (2 tsp) canola oil

Chunky Roasted Red Pepper Sauce
- 5 ml (1 tsp) canola oil
- Half small onion, finely diced
- 30 ml (2 tbsp) chopped fresh flat-leaf parsley
- 1 jar (340 ml/12 oz) roasted red peppers, drained and diced
- 125 ml (1/2 cup) sodium reduced chicken broth
- 15 ml (1 tbsp) liquid honey

Fish. If you think healthy eating only consists of bland salads, think again. This recipe boasts a tasty pepper sauce

The soft meatiness of colourful pistachios contrasts with the crisp garlic crust of the fish. Choose catfish, tilapia, haddock or cod fillets.

1 In a shallow dish, combine bread crumbs, pistachios, garlic and pepper.

2 In another shallow dish, whisk together egg white and mustard. Coat fish fillets with mustard mixture and coat in bread crumb mixture.

3 In a large ovenproof non-stick skillet, heat 10 ml (2 tsp) oil; cook fish on medium-high heat for 2 minutes. Turn over and place in a 220 C (425 F) oven for about 8 minutes or until fish flakes when tested with a fork.

Pistachio-Crusted Whitefish With Roasted Red Pepper Sauce.

This recipe serves four. THE CANADIAN PRESS H/O

4 Meanwhile, in a small non-stick skillet or saucepan, heat 5 ml (1 tsp) oil over medium heat and cook onion and parsley for about 5 minutes or until softened.

5 Add peppers, broth and honey and bring to a simmer. Simmer for about 2 minutes or until some of the broth has evaporated. Serve over fish fillets. **DEVELOPED BY EMILY RICHARDS FOR THE HEART AND STROKE FOUNDATION OF ONTARIO, HEARTANDSTROKE.CA/ THE CANADIAN PRESS**

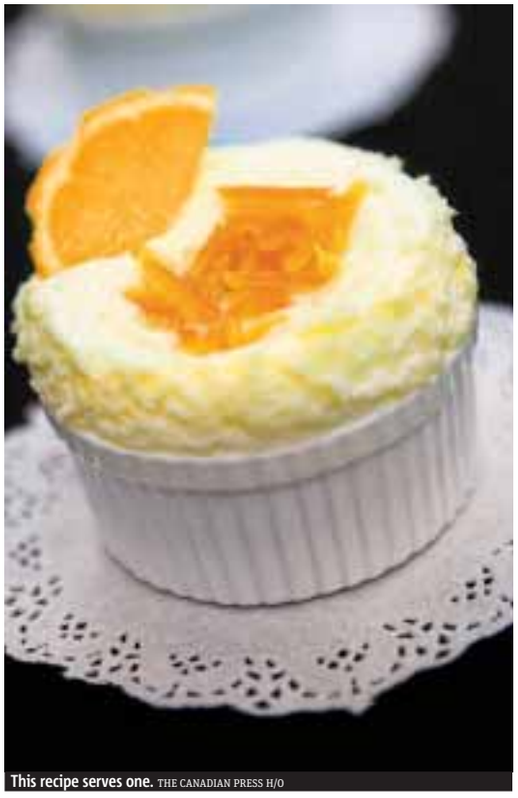
Book of the Week

Leslie Beck's Healthy Kitchen

Leslie Beck's Healthy Kitchen is a must-have staple, with 250 recipes and quick ways to help you eat the healthiest diet possible, including meal-planning tips, getting portion sizes right and cooking methods.

Enjoy Cranberry Apple Granola for breakfast, Lentil Salad with Citrus Yogurt Dressing for lunch, Cashew Mango Trail Mix for a snack, Easy Fish Tacos for dinner, and Blueberries Topped with Candied Almonds for dessert. On weekends, make Smoked Salmon and Dill Frittata or Banana Flax Pancakes to start your family's day. Beck's easy recipes are great for entertaining, too. **METRO**

Get your day started with Egg-White Soufflé



This recipe serves one. THE CANADIAN PRESS H/O

Soufflés puff up beautifully. Enjoying the creamy delicious flavour of a souffle is a treat too.

1 In 1-l (4-cup) bowl, combine margarine and milk. Microwave on High 30 seconds. Whisk in flour, oregano and cayenne pepper. Microwave on High 30 seconds. Whisk to combine. Whisk in red pepper.

2 In separate bowl and using electric mixer, beat egg white until firm peaks. Fold into milk mixture until evenly combined. Microwave on High for 1 minute or until puffed and cooked through. Slide out onto a plate and place a slice of orange on top. **DEVELOPED BY EMILY RICHARDS FOR THE HEART AND STROKE FOUNDATION OF ONTARIO, HEARTANDSTROKE.CA/ THE CANADIAN PRESS**

Ingredients

- 10 ml (2 tsp) soft non-hydrogenated margarine
- 50 ml (1/4 cup) skim milk
- 15 ml (1 tbsp) all-purpose flour
- 1 ml (1/4 tsp) dried oregano
- Pinch cayenne pepper
- 15 ml (1 tbsp) finely chopped roasted red pepper
- 1 egg white
- Orange slice, for garnish

Strawberry Mini Muffins. Bite-sized morsels make a perfect light dessert

Bite into these mini muffins for a sweet treat with a cup of tea or tuck them into tote-along lunches.

1 In a small bowl and using a potato masher, mash 250 ml (1 cup) of the strawberries; set aside.

2 In a medium bowl, whisk together flour, wheat bran, baking powder, ginger and baking soda; set aside.

3 In a large bowl and using a wooden spoon, stir together margarine and sugar until combined. Stir in egg and vanilla. Stir in mashed strawberries. Gradually add flour mixture and stir until just combined. Stir in yogurt and remaining chopped strawberries until well distributed.

Ingredients

- 325 ml (1 1/3 cups) diced fresh strawberries, divided
- 250 ml (1 cup) all-purpose flour
- 150 ml (2/3 cup) natural wheat bran
- 5 ml (1 tsp) baking powder
- 2 ml (1/2 tsp) ground ginger
- 1 ml (1/4 tsp) baking soda
- 50 ml (1/4 cup) soft non-hydrogenated margarine
- 50 ml (1/4 cup) packed brown sugar
- 1 egg
- 5 ml (1 tsp) vanilla
- 125 ml (1/2 cup) plain low-fat yogurt
- 6 small strawberries

This recipe makes 24 muffins. THE CANADIAN PRESS H/O

4 Divide batter among 24 lightly greased mini muffin cups. Top muffins with sliced strawberries.

5 Bake in a 190 C (375 F) oven for about 20 minutes or until tops of muffins spring back when lightly pressed. **DEVELOPED BY EMILY RICHARDS FOR THE HEART AND STROKE FOUNDATION OF ONTARIO, HEARTANDSTROKE.CA/ THE CANADIAN PRESS**

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Baseball

Encarnacion powers Jays over Yankees

Edwin Encarnacion hit two home runs for the Toronto Blue Jays in a 7-5 victory over the New York Yankees in spring training action on Wednesday.
THE ASSOCIATED PRESS

NFL

Lions sign Johnson to 8-year deal

The Detroit Lions have signed Calvin Johnson to a new eight-year contract worth up to $132 million, making him the highest paid receiver in the NFL.
THE ASSOCIATED PRESS

Calvin Johnson
GREGORY SHAMUS/GETTY IMAGES

NFL

Titans execs meet with Manning

A group of Tennessee Titans executives have returned to Nashville with Peyton Manning for a meeting with the free agent on the team's home turf. THE ASSOCIATED PRESS

NBA

"I want to finish the season out, and I think we're going to hit our peak at the right time."

Dwight Howard who had earlier asked to be traded by the Orlando Magic

Road woes cost Jets control of their playoff destiny

THE HOCKEY NEWS
Rory Boylen
winnipeg@metronews.ca

Jarome Iginla scores against the Jets in their loss to the Flames last week. MIKE RIDEWOOD/GETTY IMAGES

With 12 games left in the season, the Winnipeg Jets are still mathematically alive in the Eastern Conference, but even a deficit this small is very difficult to make up this late in the season when the league employs a points system that awards losers.

And if the Jets do end up falling short of the top eight, you can put the blame squarely on the team's play away from home.

Two big losses on the road to Calgary and Vancouver last week all but buried the Jets. While Washington was busy finding itself again and winning its past three road games (including a character win over the Bruins), the Jets couldn't muster any points against a slumping western giant and a desperate western bubble team. Playoff teams get points in these situations.

With six points in their past eight games on the road, the Jets took their destiny out of their own hands. They allowed Washington to get momentum without gaining any for themselves and put themselves in a must-win position. No longer do one-point losses cut it — from here on out, it's all about getting two points at every possible turn.

For all that's been made of how successful the team has been in front of a friendly crowd, they've been abysmal away from it. Only the dreadful Edmonton Oilers have more road regulation losses than the Jets, and Winnipeg sits even in this stat with other Eastern non-playoff teams Toronto and Tampa Bay. Being successful at home only gets you halfway there — you also need to be able to get points, even if it's just an overtime loss, on the road consistently.

But now Winnipeg is in a spot where they have to beat the suddenly hot Capitals at home, in regulation on Friday. It's the biggest game of the year. The last time Winnipeg had a biggest game of the year, the team rocked Florida 7-0 at home.

Thankfully for the Jets Friday's game against Washington is also in friendly confines. While the battle for eighth is a severe uphill climb at the moment, a regulation or overtime loss to the Caps would be crippling.

GMs ponder shift of power to Penguins

There were a few jealous glances cast toward Pittsburgh GM Ray Shero.

News of Sidney Crosby's impending return to the Penguins lineup left Shero's colleagues wondering how much tougher the path to the Stanley Cup has become as they gathered in Florida for the NHL's general managers' meetings in Boca Raton, Fla.

"With him back, it's certainly going to make it a lot more difficult," New York Rangers GM Glen Sather said Wednesday after the meetings wrapped up.

Crosby is scheduled to see his first action since Dec. 5 when Pittsburgh (42-21-5) visits the Rangers at Madison Square Garden on Thursday night. New York (44-18-7) is currently the top seed in the Eastern Conference, six points up on the Penguins.

Murray reacts

"I hope he doesn't play against us (in the playoffs) ... He adds a great dimension to their hockey team."

Ottawa Senators GM Bryan Murray on the return of Sidney Crosby.

However, Crosby is rejoining a Pittsburgh team that has won nine straight games and appears to be peaking just before the start of the playoffs. Adding the best player in hockey to that mix is a scary thing for opponents.

"It's not like they needed help," said Philadelphia Flyers GM Paul Holmgren.

Not only does his team face the Penguins three times before the end of the regular season, they are also possible first-round opponents.

"Obviously, Pittsburgh over the last couple of years have been a tremendous team," he said. "There was a period of time last year where they had Sidney and Evgeni (Malkin) out and they still continued to march along. They're certainly one of the top teams in the East."

Crosby's absence dates back to January 2011, when he sustained blows to the head in consecutive games and was diagnosed with a concussion. He returned to the Penguins' lineup in November before suffering a setback in December that was linked to a soft tissue neck issue.

While acknowledging that his team found it easier to face Pittsburgh without Crosby, New Jersey Devils GM Lou Lamoriello indicated that seeing No. 87 back will be a welcome sight.

"It's great that he's back," said Lamoriello. "He's certainly not only a great player, but he's a great personality in the game. He represents the game as well as anybody represents the game."
THE CANADIAN PRESS

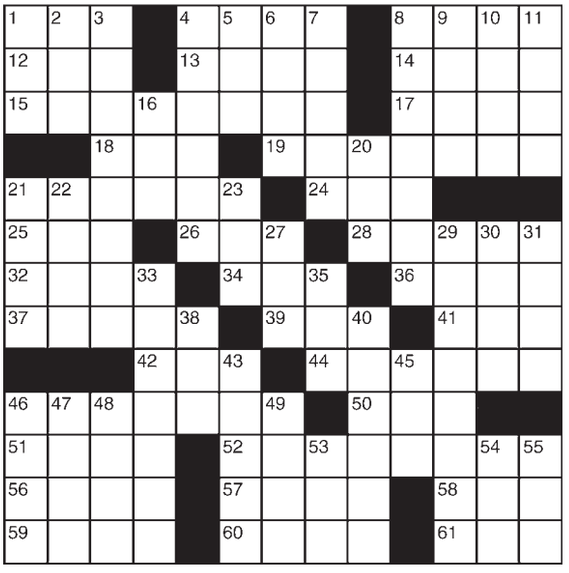
4 SPORTS

In brief

Coach of Knicks steps down

Mike D'Antoni resigned Wednesday as coach of the New York Knicks, whose brief resurgence in a wave of Linsanity quickly gave way to a late-season skid that puts them in danger of even making the NBA playoffs. Assistant coach Mike Woodson will serve as interim head coach. Never able to duplicate his success in Phoenix, D'Antoni was headed to his third losing season since signing a $24 million, four-year contract in 2008 that made him one of the NBA's highest-paid coaches.
THE ASSOCIATED PRESS

Crossword



Across

1 Chic, to Austin Powers
4 Crooked
8 Implement
12 Tramcar contents
13 Decorative case
14 Unsightly
15 Relinquish the throne
17 Smile
18 Squid squirt
19 Big-time operator?
21 19-Across, e.g.
24 Chart format
25 "Eureka!"
26 Run-down horse
28 Financial advisor Suze
32 Teeny bit
34 Deviate off course
36 Antitoxins
37 Dickinson output
39 Space
41 Water barrier
42 Suitable
44 Literary comparison
46 Last major battle site of WWII
50 Lobbyists' org.
51 Actress Sorvino
52 Suggest
56 Greatly
57 Dazzle
58 Driving site
59 Zilch
60 — -a-ling
61 Right angle

Down

1 Bygone bird
2 Sphere
3 Commit (to)
4 Signal, as with a nod
5 Schedule abbr.
6 "Phooey!"
7 Traffic jam
8 They're in for the long haul
9 Shrek is one
10 Hodgepodge
11 Singer Loretta
16 Bankbook abbr.
20 Carnival site
21 Moist
22 Canton's place
23 Shaft of light
27 Choke
29 Treat an ailment
30 Asian sea, really a lake
31 Appellation
33 Spring (from)
35 Existed
38 Hot tub
40 Ornamental material
43 Checker move?
45 Buddy
46 Muscat's land
47 Narc's measure
48 Press
49 Con
53 Press for payment
54 — Aviv
55 Moray or congersoup

For today's crossword answers and for expanded horoscopes, go to metronews.ca

Yesterday's answer

P	S	I		P	I	N	E		S	C	U	D		
R	I	D		R	O	U	X		P	I	L	E		
O	N	E		I	N	T	E	G	R	A	T	E		
P	S	A	L	M			C	O	Y					
			E	A	T	S		D	E	C	A	F		
I	R	R	I	T	A	T	E		R	O	L	L		
N	E	O		E	X	I	L	E		C	O	O		
N	A	I	L		I	N	U	N	D	A	T	E		
S	P	L	A	T		G	L	A	D					
			D	U	D			M	E	A	N	S		
I	M	M	I	G	R	A	T	E		F	I	E		
R	O	B	E		A	W	O	L		A	C	E		
E	T	A	S		M	E	N	S		R	E	D		

Sudoku

	5			3			6	
		2	1		5	3		
7								1
4		8				2		6
			9		4			
3		5				8		7
1								4
		3	6		8	1		
	7			9			2	

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer

2	6	5	3	4	9	8	1	7
8	9	1	7	2	6	5	3	4
3	4	7	1	8	5	9	2	6
5	2	6	8	7	3	1	4	9
1	3	9	4	5	2	6	7	8
7	8	4	6	9	1	3	5	2
9	1	3	2	6	7	4	8	5
4	5	2	9	3	8	7	6	1
6	7	8	5	1	4	2	9	3

Send a kiss

- **Pie.** Thank you Pie, It's been awhile since I sent you some words to make you smile. You are always in my thoughts, so don't think that I forgot. I want you to know my love for you continues to grow. We've been together awhile, lets continue to make each other smile. I gave you my heart from the very start. A lot has changed, but our love still remains. See you tonight for pie! Love Muffinman
- **Rain Ramble.** why hello, sorry i've been tuned out of here lately ive been trying to stay away from the iternet ... the first rule of being stong = dont cry when ppl tease you..lol. i dont know how to make this all better so i guess ill shut up.From Denny
- **The Love of My Life.** I loved you so much when we were together. The day we broke up my heart shattered. It was a rough time getting it pieced together again. It's never fully gotten there. I love you and miss you always. One day maybe you'll come back.Broken hearted
- **JohnDoe.** I Love And Miss You SOO Much!!! i cant wait to see you <3 xoxo Your Lover Jane

Weather

TODAY	FRIDAY	SATURDAY
MAX: 14° MIN: 1°	MAX: 21° MIN: 4°	MAX: 13° MIN: 2°

BT BREAKFAST TELEVISION

JENNA KHAN
WEATHER SPECIALIST
"Weather impacts everything we do. Providing the information you need before you head out that door and take on the day is the best part of my morning." **WEEKDAYS 5:30 AM**

Horoscope

Aries | March 21 - April 20. Don't expect rivals to play fairly but that's OK because you have no intention of playing fairly either!

Taurus | April 21 - May 21. Let others know what is on your mind. You should really be this direct more often.

Gemini | May 22 - June 20. You are in an impulsive mood at the moment and common sense is unlikely to be a factor in your thinking. Don't gamble your rep.

Cancer | June 21 - July 22. Put your own needs first today and ignore those who say you should be more careful. Be more adventurous — all the time!

Leo | July 23 - Aug. 22. It's not like you to have doubts but something is tormenting you more than it should. Focus on the positive.

Virgo | Aug. 23 - Sept. 22. If you act on every piece of advice you get today, you won't get much done. You might as well ignore it.

Libra | Sept. 23 - Oct. 22. Assert yourself today and let colleagues and employers know you have what it takes to earn a promotion. Shine bright.

Scorpio | Oct. 23 - Nov. 21. You may have big plans but do they stand a realistic chance of success? That is the question.

Sagittarius | Nov. 22 - Dec. 21. Today is decision day as far as a work-related matter is concerned. Make your choice.

Capricorn | Dec. 22 - Jan 20. You will be in a fault-finding mood today. You just can't keep from pointing others' mistakes.

Aquarius | Jan. 21 - Feb 18. Look for time-saving and energy-saving shortcuts today – there's plenty of them waiting to be used.

Pisces | Feb. 19 - March 20. You don't care how many egos might get bruised, you have things to say and they cannot wait any longer. **SALLY BROMPTON**

Caption Contest

"Hop on again, son. One more time down the hill."
Rick

BBC, JASON ROBERTS/DISCOVER CHANNEL/THE ASSOCIATED PRESS

Win!

You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in Wednesday's Metro.

WagJag.com

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